



pork belly steak

fry/griddle/bbq



for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	72-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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cooking time from: 8 minutes

method

Remove your steaks out of the packaging, pat dry and bring to room temperature.

Pre heat your griddle or heavy based frying pan until it sizzles when you add a drop of oil.

Season the meat just prior to cooking.

Don't overcrowd the cooking base, a couple of medium sized steaks per pan.

Massage with a little light olive or rapeseed oil, creating a very thin layer over the meat.

Cook 3 to 4 minutes each side over high heat turning the steak until nicely browned, the pork should be firm to touch with a little spring back when pressed with your thumb (core temperature of 65 °C).

Leave to rest in a warm place for a few minutes before serving.

Serve with a ragout of lentils & a crisp salad tossed with vinaigrette.

roast

Remove your steaks out of the packaging, pat dry and bring to room temperature.

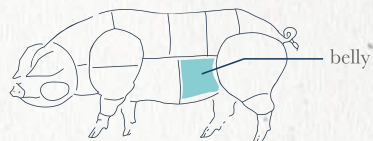
Pre heat oven 140°C for fan-assisted or 160°C for ovens without a fan (gas 3).

Season the steaks with sea salt & pepper then cover tightly with foil and roast for 1hr 30 mins, until tender.

Remove the foil, brush the pork with BBQ or teriyaki sauce then grill for 4-5 mins, turning it halfway and brushing over more sauce until the steaks are nicely charred.

serving suggestions

Serve with braised lentils & mustard.



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